

Drive Slow? Right Right, Left Wrong

"Keep right, be right." is the slogan that indicates an important part of the proper approach to safe driving, according to the California Highway Patrol.

"You should stay in the right hand lane for safety, and if you are moving slower than the traffic flow you must drive in the right hand lane," advised B. R. Caldwell, Patrol commissioner, this week.

"Failure of motorists to drive in the right hand lane is one of our more serious violations."

"This practice creates dangerous traffic bottlenecks, induces unsafe passing and in general disrupts the normal potential for smooth traffic flow," Caldwell explained.

"In keeping with the law and because of continuing disregard on the part of many drivers, Patrol officers have been instructed to intensify enforcement of this and related sections of the code. This will be done immediately," he cautioned.

Related sections of the vehicle code which will come under close scrutiny include the new law requiring certain commercial vehicles to stay in the right hand lane; the section which states that any vehicle must be driven entirely within one lane; and the new provision requiring trucks or other vehicles towing trailers to remain at least 500 feet to the rear of the car ahead.

Number of Fatal Accidents Reach Peak In October

To enjoy the best chance of survival, California Highway Patrol statistics indicate, motorists should plan to do the bulk of their driving on Thursdays in January and stay close to home over the week-ends in October.

Results of a survey conducted by the Patrol over the past three years indicate not only that more fatal accidents occur on Saturdays and Sundays than other days, but also that these accidents reach their seasonal peak in October.

October averages of ten deaths in 8.8 fatal accidents each Saturday and 10.8 fatal accidents with 12 killed every Sunday represent yearly high totals.

Failure to adjust to more hours of darkness and the fact that bad weather catches many motorists with their automobiles still in fair weather condition are included in the reasons advanced by the Patrol for this annual fall increase in fatalities.

Safest time of year to edge the family automobile into a lane of traffic, according to a same survey, is any Thursday in January. An average of 2.3 fatal accidents with 2.6 fatalities occurred on these days.

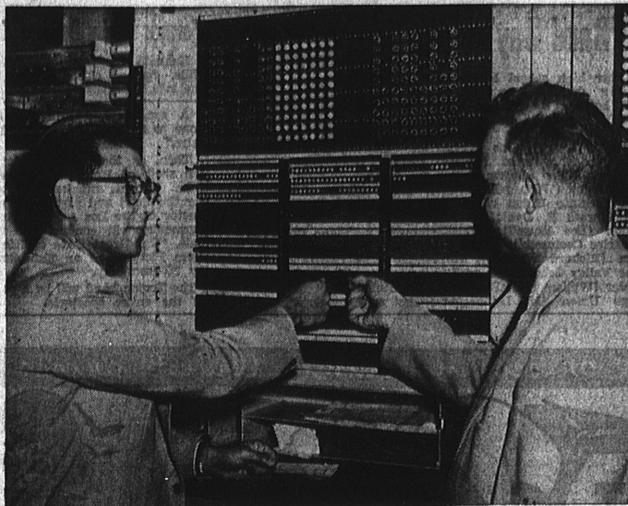
"If every driver would allow for increased hazards of darkness and have his car safety-checked before the bad weather, we could change this annual trend," Patrol officials comment.

USS Dixie Returns To San Diego Friday

The Destroyer Tender, USS Dixie, under the command of Captain E. T. Eves, USN, returned to San Diego Friday completing an eight month tour of duty in the Far East.

Returning to the United States with the Dixie was Clarence Stegall, metalsmith, third class, USN, son of Mrs. Olive V. Stegall of 4922 Hickman Dr., Torrance.

While overseas, the tender rendered repairs to a total of 228 ships representing seven nations. These ships were recipients of 4502 completed job orders, which required 137,860 man hours for completion.



BUTTON, BUTTON . . . Richard L. Hayes, right, wire chief at the local Pacific Telephone and Telegraph Co., shows Sadao Imagawa son of the complicated paraphernalia used to handle Torrance telephone calls. Imagawa, the assistant chief of exchange in the equipment maintenance section of the Nippon Telegraph and Telephone Public Corp., in Japan, will take the knowledge gained here back across the Pacific with him, and will help install modern crossbar dialing equipment there.

Visitor From Japan Studies Phones Here

A story that began 28 years ago in Japan came full circle this week when Sadao "Sammy" Imagawa, assistant chief of exchange of the Nippon Telegraph and Telephone Corp., came to Torrance to inspect the local Pacific Telephone and Telegraph equipment.

In 1925 Sammy's father, Suetaro Imagawa, acted as host to a group of American engineers who helped him, and other Japanese telephone engineers, to install the first dial system in Japan.

Now the father is retired after 30 years in the telephone business, but the son carries on. Sammy is making a detailed study of the crossbar system used in Torrance, with plans to install the system in the Tokyo exchange.

The crossbar system, a revolution in telephony, will greatly improve the present Japanese system by speeding up the operation, lowering the margin of error, and eliminating unnecessary operators where machinery can free them for other work.

Under the old system operators wrote out toll tickets for each toll call placed. Now, machinery does that job. When the American engineers from Western Electric Co. went to Japan in 1925, Sammy was seven years old. These engineers helped his father install the dial system just as the engineers of PTT are helping Sammy

Soldier Promoted To Sergeant In Korea

Carlos Almeida, son of Mr. and Mrs. Roman Almeida, 5202 W. 182nd St., was recently promoted to sergeant while serving in Korea with the 45th Infantry Division.

Sergeant Almeida, who arrived overseas in April, is an assistant squad leader in the 170th Regiment's Company K. A former student at Torrance High School, he entered the Army in September, 1952 and completed basic training at Fort Ord.

Pfc. Returns Home From Alaskan Air Force Base

Pfc. George H. Phoenix, whose parents Mr. and Mrs. J. C. Phoenix live at 18438 Roslin Ave., returned home Tuesday after 17 months at Ladd Air Force Base in Alaska.

Phoenix, who served as a fireman in Alaska, has been relieved from active duty.

Most Important Meal Of Day Is Breakfast

Roy O. Gilbert, M. D., Los Angeles County Health Officer:

One of the best health habits that any individual can develop is that of eating a good breakfast.

An abundance of nutritional research shows that, among other benefits, an adequate meal at the beginning of the day gives a person greater stamina and makes him more alert. It also enables him to feel better and look better and, comfortably bolstered with the proper food, he is also better able to meet whatever problems the day might bring. Nevertheless, in spite of all this, breakfast is the most neglected meal of the

day.

Trading breakfast for a few extra minutes in bed is a bad bargain. Although hunger may not be felt in the early part of the day, the hidden hunger within the body makes itself evident by such signs as fatigue, irritability, dullness, nervousness, headaches, or inattention. In school-children and teenagers are the worst offenders of all—this often results in poor grades, while in adults it increases the number of accidents on the highway and at work. In general, the lack of an adequate breakfast tends to make the individual less efficient in what he has to do.

breakfast meal should supply in the neighborhood of one quarter of the day's total number of calories. In one project, conducted among medical students, two typical breakfasts were found effective in supplying the body's food requirements. One consisted of fruit or juice—citrus or tomato, whole grain cereal and a beverage—coffee, tea or milk. In the other, bacon and eggs were substituted for the cereal. Needless to say, a person doing hard physical labor should have more of these foods than a sedentary worker.

It was found that these breakfasts keep the blood sugar level (the body's source of energy) high enough to ward off the pre-lunch slump that is so common an experience, whereas, a low blood sugar level often results in weakness, dizziness or fatigue and encourages the habit of between-meal snacking. A good breakfast is also economical. The amount of money spent on a hasty pick-up breakfast of coffee and doughnuts and the like, supplemented by a mid-morning snack, adds up to a greater cash outlay than the expenditure needed for a good breakfast prepared at home.

Weight-watchers would do well to remember that food eaten early in the day after an overnight fast is put right to work by the body.

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